

Road by House of Cheng  
partially closed pg 3

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Tuesday, March 30, 2010

# THE MORNING NEWS

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Caya G. F. Betico Croes 111 - Tel: 588-9517 - Fax: 588-9518 - E-mail: themorningnewsaruba@gmail.com

## Conference of overseas countries and territories a complete success This time Aruba presided the event



Last week in Brussels, the organizing preparations of the OCTA (Overseas Countries and Territories) were finalized. Under the supervision of Aruba Minister Plenipotentiary in Holland Mr. Edwin Abath and Aruba Huis Direc-

tor Mrs. Desiree Croes, employees of the Aruba Huis practically worked the whole year for this event. Last Tuesday all preparations were implemented to start with the conference and on Friday the conference ended with a com-

plete success.

During the week informative session, seminar and discussions were held by the organization as well as by mandataries of Aruba, the European Union and countries associated with OCTA.



Mr. Maurice Ponga of new Caledonia, flanked by, at left Edwin Abath, and at right, Mr. Mike Eman

On Wednesday, Aruba Minister Plenipotentiary in Holland Mr. Edwin Abath welcomed all participants and dignitaries. On Thursday Prime Minister Mike Eman gave a speech explaining the work Aruba is doing to improve the relationship not only with Holland, but also with the European Union.

Alongside the conference, which was held in the conference rooms at the hotel La Place in Brussels, other meetings took place, where Minister Eman had a full schedule, meeting with executives and officials of the European Union at the European Parliament.

*Continued on page 3*



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## Double suicide bombings kill 38 on Moscow subway



Bodies of the victims of a bomb explosion are reflected in a car as they lie on the ground in front of Park Kultury metro station



Russia's President Dmitry Medvedev lays flowers in memory of the victims of two bomb explosions at Lubyanka metro station.

MOSCOW, Russia (AP) — Female suicide bombers blew themselves up yesterday in twin attacks on Moscow subway stations packed with rush-hour passengers, killing at least 38 people and wounding more than 60, officials said. The carnage blamed on rebels from the Caucasus region follows the killings of several high-profile Islamic militant leaders there.

The blasts come six years after Islamic separatists from the southern Russian region carried out a pair of deadly Moscow subway strikes and raise concerns that the war has once again come to the capital, amid militants' warnings of a renewed determination to push their fight.

Chechen rebels claimed responsibility for a deadly bombing late last year on a passenger train en route from Moscow to St. Petersburg. Last month, Chechen rebel leader Doku Umarov warned Russians in an interview on a rebel-affiliated Web site that "the war is coming to their cities."

The first explosion took place just before 8 a.m. at the Lubyanka station in central Moscow. The station is underneath the building that houses the main offices of the Federal

Security Service, the KGB's main successor agency, a symbol of power under Vladimir Putin.

About 45 minutes later, a second explosion hit the Park Kultury station, which is near the renowned Gorky Park. In both cases, the bombs were detonated as the trains pulled into the stations and the doors were opening.

Prime Minister Putin, who built much of his political capital by directing a fierce war with Chechen separatists a decade ago, vowed yesterday that "terrorists will be destroyed."

Militants in the Caucasus have declared the creation of an Islamic state as their top goal. The militants receive moral and financial support from al-Qaida, which for years has celebrated the Chechen struggle as one of the key fronts for roving Muslim fighters along with Afghanistan, Iraq and Bosnia.

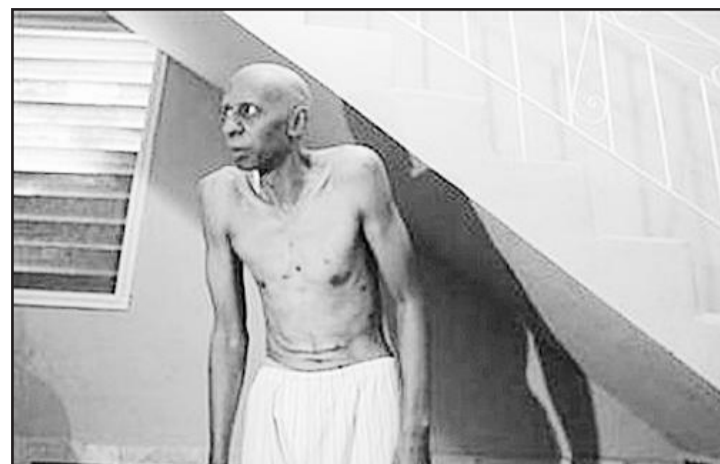
Moscow is unlikely to hit back at the rebels with massive firepower: The Kremlin has installed loyal leaders in the areas where the militants operate, making bombing campaigns of the kind used in the 1990s Chechen wars out of the question.

## Cuban hunger striker rejects Spanish offer

HAVANA, Cuba — Cuban hunger striker Guillermo Farinas yesterday rejected the Spanish government's latest offer to take him to Spain to head off another dissident death that could worsen Cuba's relations with the international community.

Some of his fellow Cuban dissidents have asked the European Union and Latin American countries to beseech Farinas, 48, to end his protest, but he says he is prepared to die if the Cuban government does not meet his demand to release 26 ailing political prisoners.

Farinas, a psychologist and writer, launched his hunger strike on February 24, a day after dissident prisoner Orlando Zapata Tamayo died following an 85-day hunger strike for improved prison conditions.



He has been in a hospital in his hometown of Santa Clara, 170 miles southeast of Havana,

receiving fluids intravenously since collapsing on March 11. His condition is said to be weak, but stable.

Guillermo Farinas is seen showing his body to reporters in his home in Santa Clara.

## Haiti seeking \$3.8 billion to rebuild country

UNITED NATIONS (AP) — The U.N. says the Haitian government will be seeking around \$3.8 billion at a donors conference tomorrow to start rebuilding the country after January's devastating earthquake.

### US transit security increased over Moscow blast

NEW YORK CITY (AP) — U.S. transit agencies beefed up security as a precaution yesterday following the suicide bombing in Moscow's subway system, sending more police into stations and having officers conduct random inspections of rail yards.

In New York, caravans of police vehicles were dispatched to transit hubs, and officers assigned to subways overnight were held in place so they overlapped with the day tour. Special units distinguished by their special black uniforms, helmets and body armor also were assigned to transit facilities.

In Washington, D.C., Metro police were conducting random inspections of stations and rail yards, officials said. Atlanta's public transit system said its police department was increasing the number of officers and patrols throughout the system.

The federal government did not immediately make any recommendations for increased security at mass transit systems, but authorities were monitoring the situation, a U.S. official said. The official spoke on condition of anonymity to discuss internal deliberations.

Helen Clark, head of the U.N. Development Program, said this initial amount would enable the country over the next 18 months to begin construction of government buildings, schools, hospitals, health care centers and courthouses that were either destroyed or left unstable.

The U.N. said an assessment prepared by the Haitian

government with the support of the international community put the total amount needed for Haiti's recovery at \$11.5 billion.

Edmond Mulet, the top U.N. official in the Caribbean nation, expressed hope yesterday that donors will respond generously and make the conference "a turning point for the people of Haiti."

## Tornado downs trees, damages cars in the Bahamas

FREEPORT, The Bahamas (AP) — Police in the Bahamas say a tornado has apparently touched down in at least two places on the island of Grand Bahama yesterday.

Police spokeswoman Loretta Mackey says there are no immediate reports of fatalities.

Mackey says authorities are still checking reports of damage at the island's container port and elsewhere.

Yesterday's storm uprooted trees in the tourist area of Lucaya.

There are also reports of damaged cars and businesses

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Rosalie Klein  
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P.R., Sales & Marketing

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# Conference of overseas countries and territories

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Minister Abath and Minister Eman in talks with the delegation of the Canary Islands



Minister Eman with Hans Gert Pöttering

The Prime Minister and Minister Plenipotentiary met with European Parliament members for Holland Ria Oomen and Lambert van Nistelrooij, Hans Gert Pöttering of Germany, Nuno Teixeira of Madeira and Maurice Ponga of new Caledonia.

They also met with various commissioners and general directors of the European Union, among others Commissioner for the Development of the European Union Andris Piebalgs,

General Director for the Development of the European Union Stefano Manservigi and General Director for Regional Management, Dr. Ronald Hall.

Informative meetings were held with the Director of representation of the Canary Islands in Europe, Mr. Jose Miguel Luengo and with permanent representative of Holland in the European Union Mr. Tom de Bruijn, who can be considered the Dutch Ambassador on the European Union.

Overseas Countries and Territories (OCT or better known in our region as LGO) are islands and countries belonging to the four members of the European Union: Denmark, France, Dutch Kingdom and the United Kingdom. There was a great amount of representatives of those islands ranging from the British Virgin Islands to the island in the Pacific, and also Greenland. Also included in this group, together with Aruba, is the Netherlands Antilles, represented by Minister Plenipotentiary for the Antilles Mr. Marcel Planck and Bonaire Governor, Aruban Glen Thodé.

Besides the conference, improvement of relations between Aruba and the European Union was also discussed. This relationship is very important, taking into account that Holland is integrating more and more in the union, which leaves Aruba in a vacuum if we do not start working fast to define our own relationship with the European Union. There are lots of benefits, but we must know what type of relationships we need and want.

Most of representatives expressed their satisfaction with the conference and stressed on the fact that Aruba did a good job organizing the event. As always, Aruba excelled and at the same time got a platform for promoting the island as a tourist destination.

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## To avoid more traffic accidents... Road by House of Cheng partially closed

ORANJESTAD – Last week, Minister of Justice and Education, drs. Arthur Dowers, in presence of Traffic Commission Inspector Mr. Ricardo Muller and Police Commissioner Mr. Dolphi Richardson, announced certain changes to take place for improving the safety of traffic on Aruba.

The crossing on the Sasaki Road near the House of Cheng is considered a dangerous one with various accidents with fatalities and a lot of material damage. One of the main reasons is speeding by motorist coming from the traffic lights at Wendy's Palm Beach.

The Traffic Commission

also revised certain aspects - based on information collected - and one problem that surfaced is that the curve at the traffic light is too narrow. So when a motorist at the crossing wants to continue straight ahead on that road, he cannot judge the speed of the one coming from the traffic lights at Wendy's with the consequence of a possible accident.

This is why Minister Dowers last week announced the partial closing of the road which was done this past weekend. This is a necessary measure, but temporary, to further study the possibility of using traffic

## Hurricane forecasts incomplete, but outlook stormy

CHARLOTTE, South Carolina -- Forecasters say weather patterns are conspiring to produce a busy hurricane season in the Atlantic and Caribbean, with one meteorologist predicting more than a half-dozen storms coming ashore in 2010.

"This year has the chance to be an extreme season," says Joe Bastardi of Pennsylvania-based AccuWeather, who correctly predicted 2009's quiet season and the record-setting snowfall this winter along the East Coast. "It is certainly much more like 2008 than 2009, as far as the overall threat to the United States' East and Gulf coasts."

Don't cancel your August or September beach vacations quite yet. Not all the forecasts are in. For example, the Na-

tional Hurricane Center's seasonal prediction won't come until late May. Besides, long-range hurricane forecasts have been unreliable in the past.

But meteorologists say they are getting better at predicting months ahead of time, as they learn more about the inter-relationships of various trends responsible for storm formation.

AccuWeather's Bastardi is calling for 15 named storms, with two or three major hurricanes (Category 3 or stronger on the Saffir-Simpson scale of 1 to 5) making landfall on the U.S. coast.

That's considerably above the nine named storms in 2009, and compares to 15 named storms in 2008, when five systems made landfall on the Gulf Coast.

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## Chaz Bono asks judge to change name, gender



LOS ANGELES (AP) — Chaz Bono is asking a judge to formally change his name and gender.

The 41-year-old writer, activist and reality-TV star, was born a girl to Sonny Bono and Cher. He filed a pe-

tition to change his name and gender last week.

Bono's doctor filed a declaration with the court indicating he performed a gender-change operation last year.

Formerly called Chastity, Bono has called the gender change "the best decision I've ever made."

The filing was first reported by celebrity Web site TMZ.com.

A hearing on the petition is scheduled for May 6 in Santa Monica, Calif.

## DreamWorks Animation's "Dragon" opening disappoints

LOS ANGELES — DreamWorks Animation SKG Inc's new film, "How to Train Your Dragon" took in a less than expected \$43.3 million at the domestic box office in its opening weekend raising concerns of a 3-D film glut.

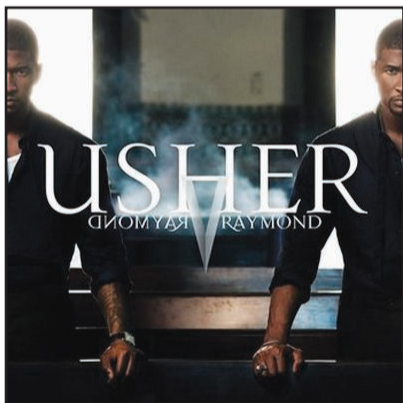
"We've all gotten our 3-D fix for the past month with 'Alice in Wonderland' and 'Avatar' and the novelty factor is no longer as strong," said Michael Pachter, analyst

with Wedbush Morgan, in explaining the family film's revenue shortfall in a weekend.

Analysts had expected "Dragon" to generate opening weekend box office revenues of about \$65 million to \$70 million.

Shares of DreamWorks, which in 2009 said it planned to release only eight films over the following three-year period, fell \$3.56 or 8.32 percent to \$39.27 a share.

## Review: Same old Usher on 'Raymond v. Raymond'



(AP)—Usher's latest disc, "Raymond v. Raymond," is a bit like *deja vu*.

It has all the elements of his earlier albums. There's the less-than-subtle autobiographical relationship track — in this case, it's a song

about divorce ("Papers"). And in the vein of 2004's "Confessions," a woe-fully apologetic Usher spills the beans about cheating on "Foolin' Around." It opens with him saying: "I know I vowed to never do this again, but it seems to be the only thing I'm good at."

While it's clear he underestimates his ability to do better in the fidelity department, it seems the singer has limited himself musically as well.

The Jim Jonsin-produced "There Goes My Baby" is instantly appealing, but upbeat club tracks including "Lil Freak," featuring rap "it" girl Nicki Minaj, and "She Don't Know," with Ludacris, are catchy but disappointingly safe choices for 31-year-old Usher.

"So Many Girls" and the will.i.am-produced "OMG" border on disastrous as far as sound and lyrics go. But the real letdown of "Raymond v. Raymond" is that those who listen to it won't know any more about Usher Raymond, as an artist or a man, than they previously did.

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## Aruba's religious sites Featured: the Lourdes Grotto



Aruba is known for its beautiful white beaches, pristine turquoise waters, a lot of sunshine and a beautiful arid landscape. Tourist flow to the island to relax in a tranquil ambiance and enjoy the many activities constantly happening here. But what if you want to spend a quiet moment? Aruba's spiritual sites offer you the best to achieve

the perfect balance of body and soul.

Aruba was colonized by both the Spanish and the Dutch, thus has a strong prevalent Catholic population, even today. While there are many religions represented on the island, it is the Aruba churches and sites that draw those of all faiths.

The Lourdes Grotto is

## Superman comic sells for \$1.5M, setting record

NEW YORK — The record price for a comic book, already broken twice this year, has been shattered again.

A copy of the 1938 edition of Action Comics No. 1 sold Monday for \$1.5 million on the auction Web site ComicConnect.com. The issue, which features Superman's debut and originally sold for 10 cents, is widely considered the Holy Grail of comic books.

The same issue sold in February for \$1 million, though that copy wasn't in as

good condition as the issue that sold Monday. That number was bested just days later when a 1939 comic book featuring Batman's debut sold for \$75,000 more at an auction in Dallas.

There are about 100 copies of Action Comics No. 1 believed to be in existence, and only a handful in good condition. The issue that sold Monday was rated slightly higher than the one that sold in February; it had been tucked inside an old movie magazine for years before

possibly the most well-known religious site on Aruba. Located near San Nicolas in the southern part of the island, away from most of the action, the Lourdes Grotto is peaceful and set away from much of the hectic activity. A grotto is either a natural or artificial cave used by humans, and the grotto on Aruba became a religious site when the Catholic church placed a large statue of the Virgin Mary into a rocky hillside at Seroe Preto in 1958.

The Lourdes Grotto is named after the region in southern France where the Virgin Mary appeared to a peasant girl. The statue was placed on Aruba to mark the 150th anniversary of this appearance. Another cave is located across the street and, as an extra treat for visitors, parakeets live all around this area. Every year on February 11, a procession travels from the St. Theresita Church located in San Nicolas to the Lourdes Grotto Aruba for mass.

being discovered.

The issue was bought from a private collector and then sold by Stephen Fishler and Vincent Zurzolo, the co-owners of ComicConnect.com. It was bought minutes after being posted Monday at the asking price of \$1.5 million by "a hardcore comic book fan," Fishler said.

"There's been a lot of attempts to acquire this book over the last 15 years," he said. "The recent activity, I guess, did the trick."



# “Youth Expo 2010” with big attendance Ministers of Sport and Social Affairs were also present



Arubaanse Sport Unie (ASU), Aruba's sport institution, in cooperation with the Department of Social Affairs organized a Youth Expo which took place on March 27 and 28 at the Centro Deportivo Betico Croes. More than 50 organizations took part in the event, which consisted of different sports teams and social and cultural organizations dedicated especially to children and the youth.

Main goal of the expo was to provide all participating organizations the opportunity to promote themselves and to recruit more members.

Entrance was free, which was a big incentive for parents to go with their children for them to choose an activity to perform during their spare time.

Youth Expo offered parents and children a better view of what is available, enabling them to make a better choice in what activity the kids want to partake.

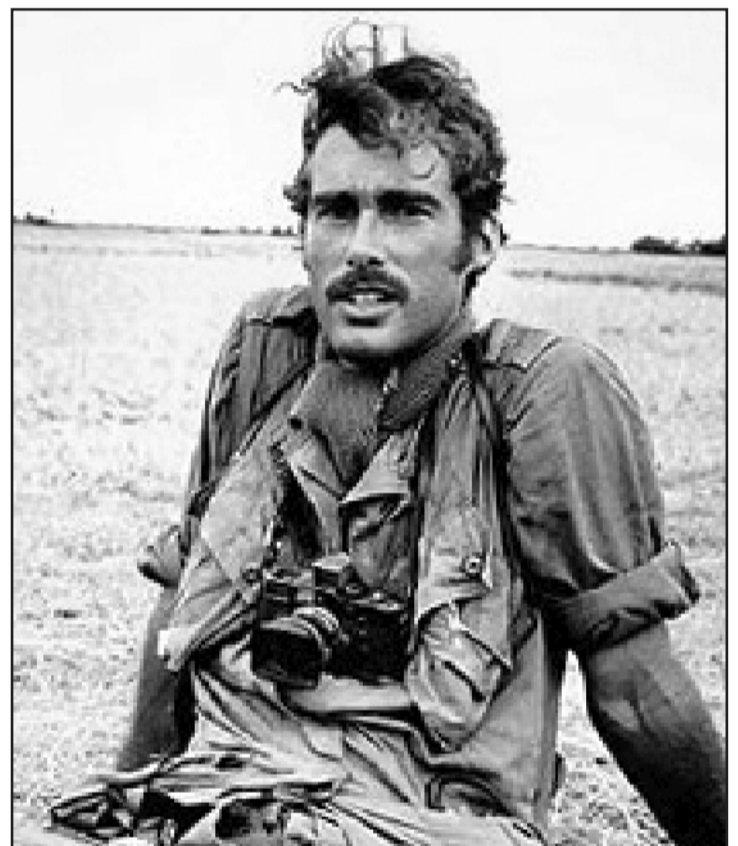
Among those present were Minister of Social Affairs Michelle Winklaar-Hooyboer and Minister of Sports dr. Richard Visser.

Both dignitaries spoke at the opening of the event to stimulate not only the youth but also parents to encourage the upcoming generation to participate at events that are healthy and recreational.



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## Embassy: Remains could belong to Errol Flynn's son



PHNOM PENH, Cambodia (AP) – Forensic tests will be conducted on what two searchers believe are the remains of photographer Sean Flynn, son of Hollywood star Errol Flynn, who disappeared during the Cambodian War 40 years ago, the U.S. Embassy said Monday.

At least 37 journalists were killed or are listed as missing from the 1970-75 war, which pitted the U.S.-backed Lon Nol government against the North Vietna-mese-supported Khmer Rouge.

A number of journalists were known to have been cap-

tured by the Khmer Rouge and probably executed.

U.S. Embassy spokesman John Johnson said that Australian David MacMillan and Briton Keith Rotheram handed over the remains Friday, and they were sent to the Hawaii-based Joint POW/MIA Accounting Command, or JPAC, which deals with accounting for missing Americans from past wars.

"Obviously there is nothing conclusive and tests need to be conducted," Johnson said. "Each case is different so it is difficult to speculate on how long the analysis may take."

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## Science/Tech

# Part I: Long Live Your Laptop Battery!



**Keep your laptop battery working for years (and for hours between charges).**

Laptop batteries are like people--eventually and inevitably, they die. And like people, they don't obey Moore's Law--You can't expect next year's batteries to last twice as long as this year's. Battery technology may improve a bit over time (after all, there's plenty of financial incentive for better batteries), but, while interesting possibilities may pop up, don't expect major battery breakthroughs in the near future.

Although your battery will eventually die, proper care can put off the inevitable. Here's how to keep your laptop battery working for as long as possible. With luck, it could last until you need to replace that aging notebook (perhaps with a laptop having a longer battery life).

## Don't Run It Down to Empty

Squeezing every drop of juice out of a lithium ion battery (the type used in today's laptops) strains and weakens it. Doing this once or twice won't kill the battery, but the cumulative effect of frequently emptying your battery will shorten its lifespan.

(There's actually an exception to this rule--a circumstance where you should run down the battery (see further.)

The good news: You probably can't run down the battery, anyway--at least not without going to a lot of

trouble to do so. Most modern laptops are designed to shut down before the battery is empty.

In fact, Vista and Windows 7 come with a setting for just this purpose. To see it, click Start, type power, and select Power Options. Click any one of the Change plan settings links, then the Change advanced power settings link. In the resulting dialog box, scroll down to and expand the Battery option. Then expand Critical battery level. The setting will probably be about 5 percent, which is a good place to leave it.

XP has no such native setting, although your laptop may have a vendor-supplied tool that does the same job.

Myth: You should never recharge your battery all the way.

The advantages of leaving home with a fully-charged battery--you can use your PC longer without AC power--are worth the slight risk of doing damage.

## Keep It Cool

Heat breaks down the battery, and reduces its overall life.

When you use your laptop, make sure the vents are unblocked. Never work with the laptop on pillows or cushions. If possible, put it on a raised stand that allows for plenty of airflow.

Also, clean the vents every so often with a can of compressed air. You can buy this for a few dollars at any computer store. Be sure to follow the directions on the can, and do this only when the notebook is off.

## Give It a Rest

If you're going to be working exclusively on AC power for a week or more, remove the battery first.

Otherwise, you'll be wearing out the battery--constantly charging and discharging it--at a time when you don't need to use it at all. You're also heating it up (see "Keep It Cool," above).

You don't want it too empty when you take it out. An unused battery loses power over time, and you don't want all the power to drain away, so remove it when it's at least half-charged.

Never remove the battery while the computer is on, or even in standby or sleep mode; doing so will crash your system and possibly damage your hardware. Even inserting a battery into a running laptop can damage the system. So only remove or reinsert the battery when the laptop is completely off or hibernating.

If you've never removed your laptop's battery and don't know how, check your documentation. (If you don't have it, you can probably find it online.) The instructions generally involve turning the laptop upside-down and holding down a button while you slide out the battery.

Myth: Refrigerate your battery.

Some people recommend you store it in the refrigerator, inside a plastic bag. While you should keep a battery cool, the last thing you want is a wet battery, and condensation is a real danger in the fridge. Instead, store it in a dry place at room temperature. A filing cabinet works fine.

You don't want the battery to go too long without exercise or let it empty out entirely. If you go without the battery for more than two months, put it in the PC and use it for a few hours, then remove it again.

Also, before you take the laptop on the road, reinsert the battery and let it charge for a few hours before unplugging the machine. Allow the battery time to get a full charge before you remove the AC power.

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## Odd Cloud on Neptune seen splitting into two

A cloudy patch that is typically seen over the south pole of Neptune was spotted in double by astronomers after it briefly split in two, as viewed by ground-based telescopes in 2007.

The cloud feature has been seen near Neptune's south pole since the Voyager 2 spacecraft visited the planet in the late 1980s. But what exactly it was and what processes on the planet generated it weren't known then, as telescopes on Earth can't see Neptune well enough to resolve such small features.

"What we knew about it was that there was a spot," said Mate Ádámkóvics, a researcher at the University of California, Berkeley and a member of the team that made the new observations.

In 2007, measurements indicated that the atmosphere at the pole was warmer than those at other latitudes, which suggested that the feature near Neptune's pole could be similar to the persistent storm seen over Saturn's south pole. Saturn's polar vortex seems to be a much larger version of hurricanes on Earth, only stationary. Like a hurricane, that polar vortex features a calm eye surrounded by a wall of bright clouds.

From July 26 to 28, 2007, a team of astronomers observed Neptune with the 10-meter Keck II telescope atop Mauna Kea, Hawaii. The observations from July 26 showed two distinct features near Neptune's south pole, not one. But on the 28th,

there was only a single cloud feature again.

The team analyzed the observations and determined that the double cloud feature changing was real, and not just a case of low resolution seeing what was really two clouds as one.

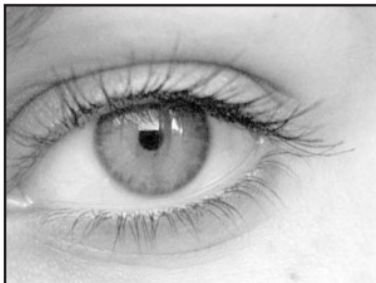
The finding, detailed in a paper accepted to the journal *Icarus* and posted as a pre-print paper to the online site arXiv, suggests that the cloud feature sits in a regions of strong convection, or overturning layers of the atmosphere. The observation is another piece of evidence suggesting a similarity between the polar atmosphere of Neptune and that of Saturn, Ádámkóvics told SPACE.com.

To really find out details about the cloud feature though, a spacecraft would have to fly to Neptune and take more close-up pictures, Ádámkóvics added. The team does plan to apply for more telescope time to see if they can catch the cloud splitting again though.

Understanding the dynamics that cause the cloud feature on Neptune and how they relate to those on Saturn doesn't just help in our quest to better know our own solar system. Because most of the extrasolar planets that have been found so far are also gas giants, investigating the planets in our solar system directly impacts our understanding of those in other systems, Ádámkóvics said.

## HEALTH

## Blue Light Eye Damage



We've all heard that ultraviolet light can damage our eyes and skin. But, as this ScienCentral News video reports, there's more and more evidence that visible light — the light we see by — may also be harmful.

**Blue Light Special**

Our eyes need light to work, but a body of research seems to suggest that too much of the wrong kind of light can lead to diseases like age-related macular degeneration. So as you head out to the beach with your sunglasses, keep in mind that they may not be protecting you from all of the damaging rays of the sun.

It's well known that ultraviolet or UV light, which we can't see, can damage both skin and eye cells. But vision

researchers are uncovering links between disease and some light that we can see.

Now there's more evidence that blue light (400 – 500nm) can damage our eyes, with people who have had cataracts removed being particularly vulnerable.

"Blue light is the most energetic portion of the visible light spectrum," says ophthalmologist Bernard Godley, of the Retina Foundation of the Southwest in Dallas.

"It's less energetic than UV radiation but it also has the ability to penetrate into tissue and cause cellular damage."

Godley, working with an international team of researchers, has shown that chronic exposure to blue light damages retina cells in the lab — the same cells involved in age-related macular degeneration (AMD), the leading cause of blindness untreatable vision loss and legal blindness in the U.S. for people over the age of 60.

"The type of damage that we're seeing in the Petri

dish... could very well be occurring in macular degeneration," says Godley.

Godley and his colleagues reported in The Journal of Biological Chemistry that blue light alone can damage the power houses of the retina cells, called mitochondria, and in particular the DNA of these energy-producing structures, suggesting that any cells exposed to visible light — including skin cells — may sustain damage.

The researchers exposed cultured retina cells to blue light for up to six hours in the lab. Compared to cells that had been kept in the dark, they saw a loss of mitochondrial activity in the illuminated cells after only 6 hours and this loss became greater with increasing time.

Using a genetic technique called polymerase chain reaction they found that light exposure significantly damaged the DNA of the mitochondria after three hours, but by six hours the body's natural DNA repair process had kicked in, reducing the amount of damage.

## Protect your skin and lips from the sun



**Sunday, Aruba's Semana Santa Camping kicked off. A reminder goes out to all, to remember to protect yourself and kids from the sun!**

It's important to protect our skin from the sun and harmful UV rays. There are so many sunscreens and moisturizers with SPF protection on the market today, it's maybe difficult to tell which one is the best for you.

Good sunscreens and moisturizers not only protect your skin from sun damage, they should also provide SPF protection to block harmful UV rays and prevent sunburn. In fact, you may want to consider going with a natural or herbal sunscreen. Not only do

they provide sun protection, but they often contain antioxidants and soothing herbs that help condition your skin.

When looking for sunscreen, it's essential that it be a broad-spectrum, PABA-free, water-resistant sunscreen. You may want to view the ingredients and choose a sunscreen with vitamin C and vitamin E. Some herbal sunscreens also contain herbs that are good for the skin such as green tea, calendula, linden, chamomile or rosemary.

Don't forget that your lips are just as important as your skin. Lip balm that contains SPF protection helps prevent sunburn, windburn and chapping and protects against harmful UV rays as well as . Good lip balms soothe and

moisturize. Lip balms that contain aloe vera are great, because they not only soothe your lips, the aloe vera also relieves painful cold sores, fever blisters and cracked, dry lips.

As with sunscreen, lip balm with antioxidant protection is a bonus. Some great herbal lip balms contain herbs such as aloe vera, apricot, castor oil, jojoba oil, squalane, beeswax, camphor, bee propolis, Icelandis moss, menthol or golden seal.

Because our skin and lips are exposed to the sun and UV rays on a daily basis, it's crucial to provide adequate protection. Protecting your skin from the sun can help prevent wrinkles, decrease the aging process and help prevent skin cancer

**Tip: Treating Clubfoot****Treatment should begin as early as possible**

A clubfoot is a birth defect that's characterized by a foot that is turned abnormally to the side. The affected limb also is smaller and shorter than the healthy leg.

The American Academy of Orthopaedic Surgeons offers this list of possible ways to treat clubfoot:

- \* By stretching the foot toward the correct position and wearing a cast that is changed frequently (the Ponseti method).
- \* By wearing a brace at night (usually after the Ponseti method).
- \* By having surgery to correct the affected joints, ligaments and tendons.
- \* By wearing special shoes and a brace after surgery to prevent the clubfoot from re-forming.

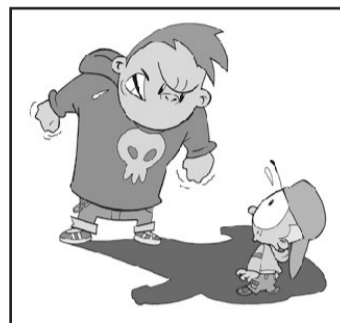
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**Status, affection drives bullies' behavior**

GRONINGEN, Netherlands - Most bullies are motivated to gain status and affection so they avoid bullying those who are well liked, Dutch researchers found.

Researchers at the University of Groningen, the Netherlands, said 15 percent of children are victimized, leading to depression, anxiety, loneliness and other negative outcomes.

Study leader Rene Veenstra and colleagues questioned almost 500 elementary-school children ages 9-12.

**Allergic to food: carry two EpiPens**

BOSTON -- U.S. researchers suggest children with food allergies should carry two doses of emergency medicine.

Researchers at Children's Hospital Boston and Massachusetts General Hospital conducted a six-year review of emergency department data. They found among children treated with emergency medicine, 12 percent needed more than one dose of the emergency medicine used -- epinephrine, known as EpiPen -- because of a resurgence of symptoms -- either before or after being taken to the emergency department.

"Until we're able to clearly define the risk factors for the most severe reactions, the

**The Amazing Benefits Of Eating Fruits**

If you have digestive harms such as abdominal cramping, constipation or diarrhea, you can alleviate some of these symptoms by ingestion fruit.

Fruits contain native twine that would help to control your bowel schedule. It has also been proven the fruits are very effectual in lowering your cholesterol levels. This

The study, published in the journal Child Development, found bullies generally choose to gain status by dominating their victims. However, at the same time, they try to reduce the chances that they'll end up on the outs with other classmates by choosing victims who are weak and not well-liked by others, the study said.

In short, even bullies care a lot about others' affection and don't want to lose it, Veenstra said.

Gender also plays a role. For example, bullies ages 9-12 only care about not losing affection from classmates of their own gender.

So when boys bully boys, it doesn't matter whether girls approve or disapprove, but boys will bully only those girls that aren't well liked by other boys, regardless of what girls think. Girls will do the same in their bullying of boys, the study said.

safest thing may be to have all children at risk for food-related anaphylaxis carry two doses of epinephrine," first author Dr. Susan Rudder says in a statement.

To offset costs, Rudders suggests, school nurses carry un-assigned extra doses of injectable epinephrine for the children who need them.

The study, published in Pediatrics, included a review of the charts of 1,255 children younger than age 18 seen in two Boston emergency departments from 2001-2006 for food-related allergic reactions. The researchers found more than half had the most severe, possibly life-threatening, reaction called anaphylaxis.

can help to foil middle disease and stroke.

People who eat fruit on an expected root are able to keep information and recall it quicker than those who do not make fruit a part of their diet. Fruit also decreases one's peril of getting Alzheimer's disease by as much as 76%.

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## For a friend, Roy Inocencia, best DJ of the Seventies

### May you rest in peace

Roy, my friend, it was not meant to be  
For me to be present at your funeral  
But you were in my heart and thoughts these days, you  
see...

Suddenly to see your picture in the news papers  
You passed away.....memories presented themselves in  
layers

You helped other DJ's become popular  
Always ready to give a helping hand

And now that I heard that not one song was sung  
during your funeral  
I felt sad, but I wish you a band of music wherever you  
are

You did your own thing with your life, for family and  
friends  
Now I bid you farewell through this poem of friendship  
and love

With my prayers for God to surround you  
with His everlasting love  
With music that will keep your soul dancing  
I am one of the many, that did enjoy your music  
when you were here

When you were a big part of the heart and soul  
of Scorpio's Disco  
You helped other DJ's like Reuben Garcia a lot  
You were the best DJ of the seventies, no doubt

Today you are in your fans soul and heart  
Although you're not so well known by the  
younger generations  
But you were great.

You bought and chose your songs with dedication  
Rock music, disco and pop of modern times back then  
And now I remember your funny jokes as well,  
When I meet beautiful people who knew and  
respected you

Take it easy and just relax when traveling  
those heavenly roads  
And may you rest in peace my friend, while God  
is watching over you !

This poem in the name of fans and friends from Dakota  
and me, wishing family Inocencia love and strength  
these days....

The bright sun will keep on shining every day  
And the Lord can sooth the hurt and pain.....

*Ruthy "Lady Ruth" Vrieswijk-Bergen.*  
Aruba, March 2010

## Successful Donkey Sanctuary Aruba golf tournament



On Saturday, March 27, The Links at Divi hosted and sponsored a fund raising tournament, a 2 person, 18-hole scramble, for the Donkey Sanctuary Aruba. It was a very successful 2 persons, 18-hole scramble where 26 pairs (locals and tourists) teed off at 9 a.m..

KIA Motors donated a car for the first person to make a hole-in-one on the 7th green. Unfortunately no one was successful, but made it did make a good competition incentive.

The Sanctuary had two of their donkeys at the event. Ban Ban, who was the donkey that started the Sanctuary 13 years ago, was there for the whole day and made friends with many of the golfers. In the afternoon he was joined by one of the newest donkeys of the sanctuary, eight-week old Truffles. Everyone fell in love with her. The sanctuary also had merchandise from their gift shop available for sale.

After nine holes the golfers were treated to water and chicken satay. At the end of



18th holes, the Links provided an excellent barbeque for the players as well as beverages.

The prize for the longest drive went to John Every and Jolande Brinks got the prize for closest to the pin. In the overall scoring, Angela Yanez and Don Quant placed first with Ron Moser and Giovanni van Wijk in second place.

The Donkey Sanctuary would like to thank all their sponsors for their help to make this a very successful event. They are: The Links, KIA Motors, De Arend, Aruba Wine and Dine, Flavors, Century 21, Ling and Sons, Super Food, Taste of Belgium, Matthew's, Red Sail Sports and Bingo Restaurant.

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## Result of the Colegio Arubano raffle



Last Friday., the draw of the Colegio Aruba Havo-4 and WVO-5 raffle took place. The raffle was to help students cover their expenses for their upcoming trip to Curaçao. The winning tickets are:

1-st. Prize: Nissan Tiida Sedan Autom. New, Ignacio Marlin-ticket nr. 45216;

2nd. Price: Sony 40" LCD TV HD 1080p, Julissa Maduro - ticketnr. 69405;

3rd. Prize: HP Pavilioen Laptop DV Series 320GB/4GB + case, Marcela - ticketnr. 66763;

4th. Prize: Blackberry Cell Phone 8900 Javeline Unlocked, Kyle Ling - ticketnr. 39434;

5th. Prize: Sony Digital Camera 12.1 MP, Arashi - ticketnr. 03172;

6th. prize: Bose Speakers Companion 2, Mario Abreu - ticketnr. 43516;

7th. - 10th. prizes: Toshiba DVD Player, L. Marsdin - ticketnr. 35513; Dr. Luckman - ticketnr. 39417; Croon Techniek - ticketnr. 75664; and Paalman Sav 89 - ticketnr. 85267.

The Colegio Havo 4 and WVO-5 students would like to thank everyone who helped them with the raffle.

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## Voodooists honor victims of Haiti's earthquake

PORT-AU-PRINCE, Haiti (AP) – Hundreds of Voodoo practitioners chanted, prayed and pounded drums Sunday to honor earthquake victims in an unusually public ceremony for a religion most often celebrated in private homes.

The white-clad Voodooists, many with black sashes around their arms, walked under the scorching Caribbean sun from a downtown plaza to the shoreline, where they asked for the spirits of the dead to be cleansed in the ocean and sent on their way to reincarnation.

"Without us, there is no Haiti," said Voodoo priest Jean Claude Bazil, claiming his religion as the country's true path. "We have to pull ourselves together to save Haiti."

The Jan. 12 earthquake, which killed a government-estimated 230,000 people, roused tensions among Haiti's religions as some of the outpouring of aid has been funneled through Christian groups. A ceremony in a seaside slum last month was disrupted by angry crowds that threw rocks at Voodoo practitioners.

Organizers of Sunday's me-



**A Haitian Voodooist sets a candle down near a VeVe, or drawing representing the Luo spirits, before a ceremony in a temple in Cite Soleil, a slum of Port-au-Prince, Haiti.**

morial chose a location amid the rubble of the shattered city center and promoted the event with radio advertisements in an effort to increase acceptance of Voodoo, which was sanctioned as an official religion in 2003 by the Haitian government. Haitian National Police kept a close watch from pickup trucks, but there was no violence — only prayers.

"Voodoo is not a secret so-

ciety," said Max Beauvoir, a Voodoo priest who wore a feathered cap and a string of brightly colored beads as he presided over the ceremony at the United Nations park.

Still, the crowd of a few hundred people filled only a small patch of the park, nowhere near the size of the masses that turned out for Christian memorials during three days of official mourning in February.



**Haiti voodoo practitioners deny responsibility for the devastating earthquake**

Voodoo, a blend of Christian tenets and African religions fused by slaves, is practiced across the nation of roughly 9 million people. Many Haitians consider themselves followers of both Voodoo and Christianity.

Voodoo followers believe in reincarnation, one God and a pantheon of spirits. Voodoo leaders say that although they do not believe in evil spirits,

some followers pray for the spirits to do evil.

One Voodoo priest, Augustine Saint-Clou, said they were praying for all the earthquake victims although he does not believe other religions have shown the same consideration for Voodooists.

"This is the real religion for all Haitians," said Saint-Clou, who wore a skull pendant on a chain around his neck.



## Finance

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**CLASSIFIEDS**

## Treasury says it will begin selling Citi shares

NEW YORK (AP) – The Treasury Department said yesterday it will begin selling the stake it owns in Citigroup Inc., which could result in a profit to the government of about \$7.5 billion.

The government received 7.7 billion shares of Citigroup in exchange for \$25 billion it gave the bank during the 2008 credit crisis. It said it will sell the shares over the course of this year, depending on market conditions.

Like any investor, the government will likely hold on to its shares if prices fall steeply. However, Citi shares have steadily been rising with the broader market in recent months, which means the Treasury Department stands to

pocket a hefty profit.

The government has been trying to unravel the investments in made in banks under the \$700 billion Troubled Asset Relief Program, or TARP, that came in at the height of the financial crisis. Citi, one of the hardest hit banks during the credit crisis and recession, received a total of \$45 billion in bailout money, one of the largest rescues in the program. Of the \$45 billion, \$25 billion was converted to the government's ownership stake in the bank.

The Treasury paid \$3.25 a share for its stake.

New York-based Citi repaid the other \$20 billion it owed the government in December.

## Duch local authority taxes rise 1.3%

AMSTERDAM, The Netherlands -- Local authority taxes are set to rise an average 1.3% this year, which is just above inflation, according to the local government research institute Coelo in yesterday's Financieel Dagblad.

The increase is 'mysterious', considering the financial problems facing many of the country's 431 local councils, the paper said.

'The increase has never been so low,' Coelo director Maarten Allers told the paper.

'I would have expected councils would act in advance of the expected cuts in government contributions] but they have not.'

The biggest local authority tax, based on property values, accounts for some 75% of local authority tax income.

The cheapest place in the Netherlands in terms of local taxes is Zevenaar near Arnhem, with an average charge of €474. Blaricum, near Hilversum, is most expensive, with an average fee of €1,166

## Greece gets euro5 billion on bonds

ATHENS, Greece (AP) – Greece raised euro5 billion (\$6.74 billion) yesterday with a seven-year bond issue, in a crucial first borrowing test after the eurozone unveiled a rescue last week to help Athens cope with its acute debt crisis.

But the government's borrowing costs remain higher than it wants.

A statement from the government's Public Debt Management Agency said the bonds were sold at a coupon yield of 5.9 percent. The high yield comes ahead of April and May deadlines to refinance some euro20 billion in debt, with total borrowing needs at euro54 billion (\$72 billion) this year.

The issue yesterday proves

## Boeing calls key 787 test results 'positive'

NEW YORK (AP)– Boeing Co. said the results of a key airworthiness test for its long delayed 787 are "positive," but it will be weeks before the aircraft maker can say whether it's a success.

The aircraft maker said the test involved flexing the jet's wings while applying loads to the frame to replicate 150 percent of the most extreme forces the airplane could experience in flight.

## How top attorneys use free information to build High profit practices...and how you can do the SAME with your business!

by Ken Varga



Hi, I am Ken Varga. I want to share with you some of the ideas, strategies, and principles that allowed me to build 35 businesses during my career.

By earnestly applying the ideas, you will learn how you too can build your business to success, while living an unhurried life, filled with family, friends, fun and a relaxed attitude.

I hope you spent some time this past week looking for ways you can educate your customers.

Here are some examples:

Almost every area of legal specialization offers prospective clients a free initial consultation with no strings attached.

Personal injury attorneys come to my mind first.

You come to them, they sit you down, and for an hour they will go over your case and they'll tell you what they think your legal rights are.

They will help you decide what your options are and the best strategy to take.

You also have a choice...

you don't have to use them. But 80% of the time, when attorneys give you an incredibly good, comprehensive, and objective education, you tend to be so connected to them, that you desire them to protect your interest and follow through for you.

So, attorneys in over 20 different specialties, use free education, free consultation, and free information as a key component to building very successful practices.

Any service business can do the same.

How about a Pizza business, or any Restaurant, deli, etc?

Why not educate your customer about the special dough you use in the imported "whatever", the special time needed to prepare the meal that other restaurants don't care about, etc.

Take your product and do the above analysis of it, and find ways to educate your customer about it.

I'm sure there was a night when you couldn't sleep and you turned on your TV and saw an infomercial for a product.

The key success factor in making an infomercial work is the level of demonstration and education they incorporate in the show.

The more you tell, the more you sell.

If any of my readers are in the alternative health field, do not align yourself with other alternative health practitioners only.

Align yourself with established professionals. Chiropractors, massage therapists, Cosmetologists, Physical Therapists, etc, and demonstrate, educate, and explain the origins and processes of your therapy, and then allow perspective customers to try it free of risk.

It's really ironic, but after someone had paid up to \$10,000 to attend one of my seminars, between 25 to 45% of the participants would come

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to me at the end of the program and ask me to consult with them privately.

It astounds me that someone, after paying up to \$10,000, would seek out the trainer and ask him to consult with them privately.

I've asked myself, why?

The answer is because they want more. Education is the pathway to more business, and it's also the pathway to a deeper connection with you and the customer forever.

The bond you create with your customer when you educate them is such that they will become your greatest advocate.

When you educate and inform customers, that bond will be with them forever. That's because you thought so highly of them, that you wanted them to receive more of a benefit than they did when they purchased (or were thinking about purchasing) your product or service.

Once you give someone an education, human nature wants more.

And as you'll see, they will be coming back for more of your products or services.

Well, that's it for this tip.

In the next tip, I'm going to write about a concept that I use to create 5,000 new customers a year.

To your success,  
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## Have you had your breakfast today?

# The Old Fisherman offers breakfast with an Aruban twist

When Linda and Ramon Pimienta started their small business at the old wharf down town, little did they know that they had a goldmine when it comes to the perfect blend of international and local cuisine. Nowadays, they are located right behind the Royal Plaza Mall where they serve up a storm to visitors and locals alike. What is their secret? Offering high quality dishes at super prizes that fit anyone's budget.

For ten years The Old Fisherman has been serving local cuisine with an international twist for lunch and dinner and they have managed to stay on top by using high quality fresh ingredients. From their fish cakes with "funchi" (polenta) and "pan bati" nicely presented to soup of the day accompanied by delicious deserts.

Now they are serving you breakfast with an Aruban twist at bargain prizes.

Monica and Amarilis who have been with the company for ten years are ready to serve you with a smile.

Besides serving traditional breakfast dishes such as eggs sunny side up with ham and



Linda and Ramon Pimienta with their son Raymond, at right



cheese, scrambled or plain they also serve pastechi horna (a small pie pocket with different fillings), crêpes, sweet crêpes and bagels with cream cheese, smoked salmon or boiled eggs.

If you want to really expe-

rience the Aruban twist you might want to try something from the local breakfast menu served on pan grandi (rama) or a baguette. You can try the delicious kerrie-kerrie (a typical Aruban flaked fish), conch, fish egg, shrimp,



R-I, Monica and Amarilis with their fellow colleagues



fish fillet, fish cake and the chicken soup or you can have fruit salad and yoghurt.

A perfect restaurant for all in the family.

Whatever your taste might be you are assured that at the Old Fisherman there is a dish on the menu for you at breakfast, lunch and dinner.

## Princess Diana family offers Rubens in \$30 million sale

LONDON, England – The family of Princess Diana will auction a painting by Flemish master Peter Paul Rubens as part of a clearout sale valued at \$30 million designed to ensure the financial future of the Althorp estate.

Earl Spencer, Diana's brother, is head of the estate. Diana, who was married to heir-to-the-throne Prince Charles, was killed in a car crash in Paris in 1997.

The highlights of a collection including paintings, furni-

ture, porcelain and horse-drawn carriages are works by Rubens and 17th century Italian master Il Guercino.

The Rubens, "A Commander being armed for Battle," was painted in 1613 or 1614 and is expected to fetch 8-12 million pounds (\$12-18 million). The bearded man gazing toward the viewer has been named by some experts as Emperor Charles V.

The painting has been at the late princess's family home Althorp for more than 200 years.

## Door to afterlife from ancient Egyptian tomb found

CAIRO, Egypt (AP)—Archaeologists have unearthed a 3,500-year-old door to the afterlife from the tomb of a high-ranking Egyptian official near Karnak temple in Luxor, the Egyptian antiquities authority said yesterday.

These recessed niches found in nearly all ancient Egyptian tombs were meant to take the spirits of the dead to and from the afterworld. The nearly six-foot-tall (1.75 meters) slab of pink granite was covered with religious texts.

The door came from the tomb of User, the chief minister of Queen Hatshepsut, a powerful, long ruling 15th century B.C. queen from the New Kingdom with a famous mortuary temple near Luxor in southern Egypt.

User held the position of vizier for 20 years, also acquiring the titles of prince and mayor of the city, according to the inscriptions. He may have inherited his position from his father.

Viziers in ancient Egypt were powerful officials tasked with the day-to-day running of the kingdom's complex bureaucracy.

As a testament to his importance, User had his own tomb on the west bank of the Nile in Luxor, where royal kings and queens were also buried. A chapel dedicated to him has also been discovered further south in the hills near Aswan.

The stone itself was a long way from its tomb and had apparently been removed from the grave and then incorporated into the wall of a Roman-era building, more than a thousand years later.

False doors were placed in the west walls of tombs and faced offering tables where food and drink



Picture released by Egypt's Supreme Council of Antiquities shows the newly-discovered red granite false door unearthed in front of Karnak Temple in Luxor.

were left for the spirit of the deceased.

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## In Texas, fear follows Mexicans who flee drug war



The remains of a house, burned down by hitmen, stand in La Esperanza, Ciudad Juarez.

FORT HANCOCK, Texas (AP) — When black SUVs trail school buses around here, no one dismisses it as routine traffic. And when three tough-looking Mexican men pace around the high school gym during a basketball game, no one assumes they're just fans.

Fear has settled over this border town of 1,700, about 50 miles southeast of Ciudad Juarez, Mexico, epicenter of that country's bloody drug war. Mexican families fleeing the violence have moved here or just sent their children, and authorities and residents say gangsters have followed them across the Rio Grande to apply terrifying, though so far subtle, intimidation.

The message: We know where you are.

At schools in Fort Hancock and nearby Texas towns, new security measures and counseling for young children of murdered parents have become a troubling part of the day.

"I have friends with fathers who've been annihilated," said Israel Morales, a junior at Fort Hancock High School. "They

just hug you and start crying. It just traumatizes you."

He said school doesn't always feel safe.

"I try to be stoic," Morales said. "But it still worries the heck out of me."

Mexican drug gangs have not fired a single shot in Fort Hancock, and no one has disappeared. But as drug violence continues unabated in and around Ciudad Juarez, residents of Texas border towns fear it will spread their way.

"There's been incidents of school buses followed, and threats to some of the students and threats to some of the staff," Hudspeth County Sheriff's Lt. Robert Wilson said. "It's caused us to really go on high alert."

Fort Hancock is an impoverished town of rundown homes and a single diner. Fathers of many students work as farmhands in the surrounding alfalfa and cotton fields, but most are jobless.

Schools have installed security cameras and hired an armed off-duty sheriff's deputy to patrol its three campuses for the first time.

## Miracle under scrutiny in John Paul beatification

VATICAN CITY (AP) — The Vatican this week marks the fifth anniversary of Pope John Paul II's death amid some doubts that the miracle needed for his saint-making cause will stand up to scrutiny and questions about his record combatting pedophile priests.

The inexplicable cure of a young French nun from Parkinson's disease had initially seemed like the perfect case for a miracle as the Vatican fast-tracked John Paul's beatification. The nun, who suffered from the same disease that ravaged John Paul for years, had prayed to him for relief and one morning two months after John Paul died, woke up completely, inexplicably cured.

But from the beginning, Simon-Pierre's mysterious cure seemed difficult for the Vatican to certify as a miracle. According to the Vatican's own rules, the medically inexplicable cure must be instantaneous, complete, and lasting.

While the nun's cure was by all indications instantaneous and complete, some would argue the world will have to wait her entire lifetime to determine whether it was lasting, in case the symptoms return.

New questions were raised in recent weeks, after a Polish newspaper reported that doubts had been cast about whether Simon-Pierre had Parkinson's to begin with. The *Rzeczpospolita* daily, one of Poland's most respected and widely read newspapers, suggested that Simon-Pierre instead may have suffered from another neurological disease which has smilier symptoms as Parkinson's but which can be cured.

Without citing sources, it said the Vatican had called in new experts to examine the case.

Responding to the report, the emeritus head of the Vatican's Congregation for the Causes of Saints, Cardinal Jose Saraiva Martins, suggested that what may have happened was that a doctor, who is asked in a preliminary phase by the Congregation to advise whether it's worth sending the case onto the fuller Vatican-appointed medical board, may have expressed some doubts.

"It could be that one of the two medical consultants perhaps had some doubts," he told reporters last week. "And this, unfortunately, leaked out. But we cannot confuse one thing with another."

"So it's wrong to say the doctors haven't approved the miracle," he said. "It's absurd



In this Nov. 30, 2004 file photo, then Pope John Paul II gives his blessing to late father Marcial Maciel, founder of Christ's Legionaries, during a special audience the pontiff granted to about four thousand participants of the Regnum Christi movement, at the Vatican.

because the doctors of the medical consultation board have not pronounced themselves."

That said, he acknowledged that the doubts would require further investigation. In such cases, he said, the Congregation would ask more doctors to come in and offer an opinion.

The postulator who is spearheading John Paul's cause, Monsignor Slawomir Oder, has declined to comment on the reports, citing the Vatican rule for secrecy in the handling of the case.

Beatification is the first step toward possible sainthood. The Vatican must confirm one miracle has occurred due to the intercession of John Paul before he can be beatified. A second miracle is needed for him to be declared a saint.

Saraiva Martins was also asked how the Vatican could be certain that the cure is lasting, when a disease like Parkinson's is something that most commonly occurs late in life. For a woman who suffered from it in her 40s, how could the Vatican be certain she won't get it again?

The cardinal acknowledged the difficulty of the case, and hinted that waiting might be necessary. "It depends on the nature of the illness," he said. "For some illnesses, it's clear: it's totally cured. Some others return. That's why we need to wait."

Saraiva Martins stressed that he was speaking only in his capacity as someone knowledgeable with the Congregations' procedures and not as someone currently involved in the case.

Benedict put John Paul on the fast-track for possible sainthood just weeks after his April 2, 2005, death, heeding the calls of "Santo Subito!" or "Sainthood Immediately!" that erupted in St. Peter's Square

during the funeral of the much-loved pontiff.

Benedict waived the customary five-year waiting period and allowed the investigation into John Paul's life and virtues to begin immediately. In December 2009, Benedict signed a decree attesting to his "heroic virtues."

And yesterday, Benedict celebrated Mass at the Vatican marking the fifth anniversary of John Paul's death. The Vatican moved the service to Monday so the Mass wouldn't conflict with Good Friday.

But recently, new questions have been raised about John Paul's record in combatting pedophile priests. John Paul presided over the church when the sex abuse scandal exploded in the United States in 2002 and the Vatican was swamped with complaints and lawsuits under his leadership. Yet during most of his 26-year papacy, individual dioceses and not the Vatican took sole responsibility for investigating misbehavior.

But John Paul himself had long championed the founder of the Legionaries of Christ, the conservative order that fell into scandal after it revealed that its founder had fathered a child and had molested seminarians.

The Vatican began investigating allegations against the Rev. Marcial Maciel of Mexico in the 1950s, but it wasn't until 2006, a year into Benedict's pontificate, that the Vatican instructed Maciel to lead a "reserved life of prayer and penance" in response to the abuse allegations — effectively removing him from power.

Subsequently, Benedict ordered a full-on investigation of the order since its entire existence was so closely intertwined with that of its discredited founder.



# Els hangs on with clutch putts to win at Bay Hill

ORLANDO, Fla. (AP)—Ernie Els made two clutch par putts, escaped trouble from a buried lie in the bunker and wound up wearing a blue blazer Monday for winning the rain-delayed Arnold Palmer Invitational.

Suddenly, it's easy to picture him in a different color jacket two weeks from now.

Els overcame a few nervous moments with four solid pars to wrap up a 1-under 71 and win by two shots at Bay Hill, giving him back-to-back victories for the first time in seven years and setting himself up as a favorite at Augusta National.

"I'd like to put this jacket in some dye," Els said at the trophy presentation. "Some



green dye."

Coming off a four-shot victory in the World Golf Championship at Doral two

weeks ago, Els had to work harder than he should have for his 18th career victory on the PGA Tour.

He had a five-shot lead Sunday afternoon with six holes remaining until hitting into the water on No. 13 for a double bogey and hitting into the sand on the next hole for a bogey. Then came the thunderstorms, halting the final round until it resumed at noon Monday.

Els immediately felt pressure as he stood over a 6-foot par putt, but he made it.

With his lead down to one shot over Kevin Na, his 4-iron came up short of the 17th green and plugged into the face of the bunker. Els blasted out to 6 feet and made that one for par.

He finished at 11-under 277 and moved to No. 7 in the world rankings. Els earned \$1.08 million, giving him more than \$3 million for the year and putting him atop the PGA Tour money list.

Retief Goosen (69) and Chris Couch (71) tied for fourth. Ben Curtis, who started the final round one shot out of the lead, closed with a 74 and finished alone in sixth.

## Williams favors Duke to win national title

NEW YORK (AP)—College basketball's marquee rivalry apparently ends on Tobacco Road.

North Carolina coach Roy Williams is picking Duke to win the national championship next week in Indianapolis, which might be considered treason by the most ardent of Tar Heel fans.

The top-seeded Blue Devils play West Virginia on Saturday, with the winner meeting the Michigan State-Butler winner in the final.

"I think Duke is the favorite. They've proven that, they're the No. 1 seed, they deserved the No. 1 seed," Williams said Monday, calling West Virginia his second choice. "Duke is the favorite, there's no question in my mind about that, but it's the Final Four and anything can happen."

### NHL Standings

EASTERN CONF.			
Atlantic	W	L	Pts
x-Pittsburgh	44	25	95
x-New Jersey	44	26	93
Philadelphia	38	32	82
NY Rangers	33	32	76
NY Islanders	31	34	72
Northeast			
x-Buffalo	41	23	92
Ottawa	41	30	87
Montreal	37	31	82
Boston	34	28	80
Toronto	28	35	69
Southeast			
y-Washington	49	15	109
Atlanta	33	30	78
Tampa Bay	30	33	72
Florida	30	33	71
Carolina	31	35	71

WESTERN CONF.			
Central	W	L	Pts
x-Chicago	46	21	99
Nashville	43	27	92
Detroit	39	23	91
St. Louis	36	30	81
Columbus	31	32	75
Northwest			
Vancouver	45	26	94
Colorado	41	27	89
Calgary	38	29	85
Minnesota	36	33	78
Edmonton	24	44	55
Pacific			
x-San Jose	47	19	104
x-Phoenix	47	23	100
Los Angeles	42	26	90
Dallas	33	28	80
Anaheim	35	31	78

### NBA Standings

EASTERN CONF.				
Atlantic	W	L	Pct	GB
y-Boston	47	26	.644	--
Toronto	35	37	.486	11.5
N.York	26	46	.361	20.5
Phil	26	47	.356	21.0
N.Jersey	9	64	.123	38.0
Central				
y-Cleveland	58	16	.784	--
Milwaukee	40	32	.556	17.0
Chicago	35	38	.479	22.5
Indiana	27	47	.365	31.0
Detroit	23	50	.315	34.5
Southeast				
x-Orlando	52	22	.703	--
x-Atlanta	47	26	.644	4.5
Miami	40	34	.541	12.0
Charlotte	38	34	.528	13.0
Wash.	21	51	.292	30.0

WESTERN CONF.				
Southwest	W	L	Pct	GB
x-Dallas	48	25	.658	--
San Ant.	44	28	.611	3.5
Memphis	38	35	.521	10.0
Houston	36	36	.500	11.5
N.Orleans	34	40	.459	14.5
Northwest				
x-Denver	48	26	.649	--
x-Utah	48	26	.649	--
Okl. City	44	28	.611	3.0
Portland	45	29	.608	3.0
Minn.	14	60	.189	34.0
Pacific				
x-LA Lakers	54	19	.740	--
Phoenix	47	26	.644	7.0
LA Clippers	27	46	.370	27.0
Sacra.	24	50	.324	30.5
Golden St.	21	52	.288	33.0

x-Clinched Playoff Spot; y-Division Champ

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<b>PG-13</b>	<b>REMEMBER ME</b>	daily: 4:45 7:15 9:45	matinee: 2:00 late show: 12:15
<b>PG-13</b>	<b>THE BOUNTY HUNTER</b>	daily: 5:45 8:15	matinee: 12:30 3:15 late show: 11:00
<b>R</b>	<b>EDGE OF DARKNESS</b>	daily: 4:30 7:00 9:30	matinee: 1:45 late show: 12:00
<b>PG</b>	<b>BROOKLYN'S FINEST</b>	daily: 6:00 8:45	matinee: 12:00 3:00 late show: 11:30
<b>PG</b>	<b>VALENTINE'S DAY</b>	daily: 6:30 9:00	matinee: 12:45 3:45 late show: 11:45
<b>PG</b>	<b>ALICE IN WONDERLAND</b>	daily: 6:00 8:30	matinee: 1:00 3:30 late show: 11:00

AT PASEO HERENCIA			
<b>PG</b>	<b>HOW TO TRAIN YOUR DRAGON</b>	daily: 4:00 6:15 8:30	matinee: 1:25 late show: 11:00
<b>PG</b>	<b>DIARY OF A WIMPY KID</b>	daily: 4:30 6:45	matinee: 12:00 2:15 late show:
<b>R</b>	<b>CASE 39</b>	daily: 5:45 8:15	matinee: 12:15 3:00 late show: 11:00
<b>PG-13</b>	<b>OUR FAMILY WEDDING</b>	daily: 5:30 7:45 9:45	matinee: 12:45 3:00 late show: 12:00
<b>R</b>	<b>FROM PARIS WITH LOVE</b>	daily: 9:00	matinee: late show: 11:30
<b>R</b>	<b>GREEN ZONE</b>	daily: 6:30 9:00	matinee: 1:00 3:45 late show: 11:30
<b>R</b>	<b>SHUTTER ISLAND</b>	daily: 5:45 8:45	matinee: 2:45 late show: 11:45

**HOW TO TRAIN YOUR DRAGON (Action/Adv.)**: A Viking teenager named Hiccup lives on the island of Berk, where fighting dragons is a way of life. The teen's smarts and offbeat sense of humor don't sit too well with his tribe or its chief... who just happens to be Hiccup's father. However, when Hiccup is included in Dragon Training with the other Viking teens, he sees his chance to prove he has what it takes to be a fighter.

## On the road to 2010 FIFA World Cup

### Argentina Demanding \$1.5 Million For South Africa Friendly

*Bafana Bafana's intention of completing their World Cup preparation against football giants Argentina may be wrecked by a dispute over money.*

The South African Football Association (Safa) are apparently refusing to pay Diego Maradona's team \$1.5 million to play Bafana at Soccer City in Johannesburg in May, according to SuperSport.

Bafana coach Carlos Alberto Parreira was planning to use the match against Lionel Messi and co. as a dress rehearsal for South Africa's first World Cup match against Mexico on June 11, with another encounter against Denmark planned for Soccer City on June 5, six days before the big kickoff.

However, SAFA and their Argentinean counterparts have not been able to come to

an agreement.

It is unclear if there are ongoing negotiations, but the hefty sum may force the tie to be canceled, and this would disappoint many fans in South Africa, where the idea of seeing Messi and the rest of the Albicelestes against the beloved Bafana is of great interest to football lovers in the host nation.

Parreira this week also revealed plans for the second of Bafana's three World Cup training camps in Germany next month in a press conference.

The Brazilian is planning for his side to play against Finland and China after Bafana finish their South American camp against Paraguay on March 30. A number of club and reserve team matches have been played to raise the squad's confidence and fitness levels.

### Spain Coach Del Bosque Hints Victor Valdes Won't Make Squad

Spain coach Vicente Del Bosque has denied having any prejudice towards Barcelona goalkeeper Victor Valdes and declared that while the Catalan custodian has the "potential" to go to the World Cup, he doesn't see any reason to omit the likes of Pepe Reina or first choice Iker Casillas.

Despite winning the Zamora trophy last season and again being amongst the best in Spain this term the 28-year-old shot stopper is yet to win an international cap and following Del Bosque's latest comments, it looks increasingly unlikely that he will any time soon as the coach appears happy with what he has.

"We have not encountered conditions that would omit Reina or Iker. Valdes has merit but Spain has an excellent group. There's also Cesar [Sanchez] at Valencia, [Andres] Palop at Sevilla and youth like [Sergio] Asenjo and [David] De Gea at Atletico [Madrid]," he is quoted as saying by Sport.

"I have two months to de-

cide and I try to be as fair as I can. With [Jesus] Navas I have already demonstrated that I can take those steps if I need be. I don't shy away.

"In my career I have never had disruptive players and have no prejudices to anyone or don't think someone could create bad vibes.

"It is evident that Valdes has the potential to go the World Cup. No one imposes players on us. I picked [Sergi] Busquets when he wasn't even a regular [at Barcelona], the same with [Gerard] Pique, who now gets called on merit. I have no animosity towards anyone."

Del Bosque also stated that previously uncapped Barca starlet Pedro is in the shake up for selection for the finals.

"He is one that we are considering. He has earned his place with Barca on merit. He is one of the options for the wing, where there are also big players. He is a clear contender for the World Cup," he declared.

## Final countdown: Season five days away



### The anticipation for Opening Day is heading toward climax

From the moment Mark Teixeira practically squeezed the seams off the ball with his glove to clinch the Yankees' 27th World Series title last November, the celebration began for some.

But the wait began for everyone.

At that point, it was a matter of five long, cold months before the seams of Major League Baseball would start spinning again, officially.

Later, when Roy Halladay donned a Phillies uniform for the first time, John Lackey joined other new Red Sox on the field and a couple of phenoms arrived in camp for the Nationals and Reds, it was still a matter of weeks -- even if the baseballs had been broken out of their winter slumber with the arrival of pitchers and catchers.

Now, it's only a matter of days.

Five days before baseball starts up again with Yankees-Red Sox at Fenway Park on Sunday night. Six days before the relentless daily slates of games take us toward the next time the seams stop spinning.

Let the countdown continue in days, hours, minutes before they begin spinning again, officially.

The final week of Spring Training can't be brushed aside, though. It always brings a lot of roster activity, a lot of travel and a boatload of anticipation for the real thing.

The roster activity itself also includes travel, with some players making trips

back to the Minors they'd rather not make and others triumphantly staying with the big club for the opener. While the Yankees and Red Sox have to turn in their 25-man rosters by midnight Saturday, the rest of the teams will have to set theirs by 3 p.m. ET Sunday.

Before then, the Major Leagues will go back to the Minor Leagues in many places. And teams like the Grasshoppers and the Storm and the Suns and the Knights and the Bulls will host their big-league clubs in places like Greensboro, N.C.; Lake Elsinore, Calif.; Jacksonville, Charlotte and Durham, N.C. The home of the Dodgers' Triple-A team in Albuquerque, N.M., will host the Rockies and the Mariners. The White Sox will visit the Braves in Atlanta, and the Blue Jays will visit the Astros in Houston, and why not?

The A's and Giants will play a three-game Bay Bridge Series. The Dodgers and Angels will play a two-game Freeway Series. The Phillies and Pirates will meet in Philadelphia, and the Indians and Reds will meet two more times in Arizona, having shared Spring Training camp for the first time.

But nowhere will the final exhibitions be more meaningful than in Minneapolis, where Target Field will be christened with the Cardinals visiting the Twins for two games. And don't you know that Twins fans will be challenged to raise the roof off that place the way they did the Metrodome. Of course, there is no roof, but they'll try anyway, getting ready for the

real thing -- the home opener April 12 vs. the Red Sox.

By the time Target Field gets its second walk-through, it'll only be a matter of hours before Yankees-Red Sox kicks off the season with the 8 p.m. ET Sunday night game.

Spring Training seems like it just started not that long ago, and here it is about to end.

Already, we know that 21-year-old Jason Heyward will be continuing his meteoric rise with an Opening Day start in right field for the Braves. We know the Nationals' Stephen Strasburg won't have the same pleasure, starting the season in the Minors so he's truly ready for his big-league debut, but we don't know whether or not Aroldis Chapman will win the Reds' fifth starter role or join Strasburg in prepping from the farm.

Already, we know stars like Cliff Lee of the Mariners and Brad Lidge of the Phillies likely won't be ready for Opening Day, and the Twins have figured out the only way to make up for the loss of Joe Nathan is to gang up on it with a closer-by-committee group.

But we don't know half of what we will know once the games start up Sunday night.

During the course of this week, we'll find out a lot.

But mainly, we'll just be moving toward the two sweetest words any baseball fan can conjure up right now: Opening Day.

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# Something for everyone at 2010 Final Four

There's a favorite in Duke, a little guy in Butler, a team returning to the big-time in West Virginia and a regular hardly anyone figured would get so far this season in Michigan State.

One of the most unpredictable NCAA tournaments in recent history served up four distinctly different stories for the Final Four.

Butler, enrollment 4,500, plays in the gym where they filmed the basketball classic "Hoosiers" and is making its first Final Four appearance. The Bulldogs play Michigan State on Saturday, which is making its sixth and perhaps most unexpected trip in the past 12 years.

The other game features West Virginia, making its first appearance since 1959, against the Duke Blue Devils, who hadn't made it since 2004—a long time by their standards.

"It's not about the moments that I've been in, it's the moment that your players put you in right now," said Duke coach Mike Krzyzewski, making his 11th Final Four appearance.

The Blue Devils (33-5), 78-71 winners over Baylor on Sunday, are the only No. 1 seed to make the Final Four, and as such, are the early 3-2 favorite to win it all.

Returning after a much longer time away are West Virginia and coach Bob Huggins, who made it in 1992



when he coached Cincinnati. Since then, he's been on a coaching odyssey that has included trouble with the NCAA, a heart attack and a one-year stop at Kansas State before he returned to his alma mater in Morgantown.

Through it all, he has done a lot of winning. The latest

was Saturday's 73-66 upset over No. 1 Kentucky in the East Regional that put the Mountaineers (31-6) in the Final Four for the first time since guard Jerry West was their biggest star.

Huggins wants his team thinking about making it to Monday night's final, and winning there, as well.

"I talked to them about trying to be special," he said. "If we can somehow find a way to win a couple more, that will be really special."

Although Duke-West Virginia is a typical 1 vs. 2 matchup, the Michigan State-Butler game pits two No. 5 seeds, the first time that's ever happened.

The lopsided Final Four bracket is sure to reintroduce

the long-debated idea of re-seeding the teams once they reach the semifinals. But the idea of two No. 5s also reminds America of why it loves March Madness—because unexpected underdogs can make a run and have their day.

This was not considered a banner year for Michigan State (28-8), but there the Spartans were Sunday, defeating Tennessee 70-69 to win the Midwest Regional despite the loss of one of their top players, Kalin Lucas, who tore his Achilles' tendon last week.

"I talked to them this morning about separating themselves," Spartans coach Tom Izzo said. "We've gone through a lot of things this year, not as bad as sometimes portrayed, and yet not as smooth as some years that we've had."

They still have the core of the team that made the national final last year in an inspiring run that ended close to home, in Detroit, with a blowout loss to North Carolina. The Tar Heels didn't make the tournament this year.

Michigan State benefited from being in the most topsy-turvy region in a tournament that long will be remembered.

No. 1 seed Kansas, the odds-on favorite to win the title when the brackets came out, went out the first week-

end, upset by No. 9 Northern Iowa. Tennessee took out No. 2 Ohio State, and No. 3 Georgetown was gone only a few hours into the tournament, upset by No. 14 Ohio.

The Spartans only had to beat one team seeded higher—No. 4 Maryland on a buzzer-beating 3-point shot by Lucious, the kind of shot that could make a team wonder if there might be something special going on.

Speaking of destiny, Butler (32-4) will bring a 24-game winning streak to Lucas Oil Stadium, a 10-minute drive from campus.

The Bulldogs are the first team since UCLA in 1972 to play a Final Four in their hometown—one of about a dozen intriguing story lines for America's favorite little guy.

They play and practice in Hinkle Fieldhouse, the gym where scenes from the ultimate hoops underdog story was filmed. In "Hoosiers," a small Indiana school, Hickory High, makes an inspiring run to the state title. In real life, Butler isn't quite that kind of underdog, but the coach, Brad Stevens, said there's no way to play for his program without getting the gist.

"Not a week goes by where somebody who hasn't seen the fieldhouse doesn't walk into the fieldhouse and at least mouth the word, 'Hickory,'" Stevens said.

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